

IN THE CLAIMS:

Please cancel claims 42, 44-47 and 50, amend claims 30, 38 and 48 and enter new claims 52 and 53 as follows:

1-29 (Canceled)

30. (Currently Amended) An impact head, for association with the terminal post of a guardrail having one or more cables, the impact head incorporating including a cable routing means downstream of the impact face, the cable routing means capable of forming a tortuous path for the cable(s) through which a cable can be threaded, wherein the cable routing means comprises a bar member having a longitudinal axis and including a cable entry port adapted to allow a cable to pass directly there through when said bar member is in a first non-cable gripping orientation, and wherein upon rotation of said bar member through at least 90° about said longitudinal axis a second cable-gripping orientation is reached which provides the tortuous path, wherein the tortuous path itself through the bar provides sufficient frictional resistance to movement of the cable during impact of a force to facilitate impact energy dissipation.

31. (Previously Presented) An impact head, for a guardrail according to claim 30 wherein the cable routing means includes a member having two or more cable entry ports through which a cable may be threaded.

32. (Previously Presented) An impact head, for a guardrail according to claim 30 which includes one or more cables threaded through the cable routing means.

33. (Previously Presented) An impact head, for a guardrail according to claim 32 wherein the cable routing means is configured so that when a force is applied to the impact head the cables are forced through the cable routing means, such that resistance to cable movement provided by the tortuous cable path limits movement of the impact head caused by the force.

34. (Previously Presented) An impact head, for a guardrail according to claim 32 wherein the cables are under tension.

35. (Previously Presented) An impact head, for a guardrail according to claim 32 wherein at least one end of the cables is anchored to the ground.

36. (Previously Presented) An impact head, for a guardrail according to claim 35 wherein one end of the cables is anchored to the ground and the remaining end of the cables is anchored to a rail and/or a support post.

37. (Previously Presented) An impact head, for a guardrail according to claim 36 wherein the impact head is positioned substantially between the two anchor points.

38. (Currently Amended) A guardrail including:
a plurality of support posts,
a plurality of rails connected to the support posts,
at least one cable wherein at least one end of the cable is fixed,
wherein the guardrail includes ~~an~~ the impact head of claim 30 with a cable routing means capable of forming a tortuous path through which the cable can be threaded, wherein the tortuous path itself provides sufficient frictional resistance to movement of the cable during impact of a force to facilitate impact energy dissipation.

39. (Previously Presented) A guardrail according to claim 38 wherein both ends of the cables are fixed in relation to the ground.

40. (Previously Presented) A guardrail according to claim 38 wherein the cable end located farthest from the cable routing means is anchored to the rail and/or support post.

41. (Previously Presented) A guardrail according to claim 38 wherein it includes one or more frangible posts comprising:

a first member substantially orthogonally connected to a second member, wherein the at least one first member has a region of weakness.

42. (Canceled)

43. (Previously Presented) An impact head according to claim 30 wherein the tortuous path is configured to absorb at least a portion of the kinetic energy of an impact on the impact head.

44-47. (Canceled)

48. (Currently Amended) An impact head according to claim 30 wherein the cable routing means includes at least one substantially S or Z-shaped turn for the cable.

49. (Previously Presented) An impact head according to claim 30 wherein the cable routing means is adapted, so that in use, and during a collision or impact with the impact head, the cable is forced through the cable routing means, and

resistance to movement of the cable routing means is provided by the tortuous cable path to substantially facilitate impact energy dissipation.

50. (Canceled)

51. (Previously Presented) An impact head according to claim 30 wherein the tension of one or more cables can be adjusted so as to give a suitable resistant to movement.

52. (New) A cable routing means which is configured to provide a tortuous path for at least one cable, wherein the cable routing means comprises a bar member having a longitudinal axis and including a cable entry port adapted to allow a cable to pass directly there through when said bar member is in a first non-cable gripping orientation, and wherein upon rotation of said bar member through at least 90° about said longitudinal axis a second cable-gripping orientation is reached which provides a tortuous path, wherein the tortuous path through the bar provides sufficient frictional resistance to movement of the cable during impact to facilitate impact energy dissipation.

53. (New) A guardrail or other impact energy absorbing apparatus which includes a cable routing means configured to provide a tortuous path for at least one cable, wherein the cable routing means comprises a bar member having a

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longitudinal axis and including a cable entry port adapted to allow a cable to pass directly there through when said bar member is in a first non-cable gripping orientation, and wherein upon rotation of said bar member through at least 90° about said longitudinal axis a second cable-gripping orientation is reached which provides the tortuous path, wherein the tortuous path through the bar provides sufficient frictional resistance to movement of the cable during impact to facilitate impact energy dissipation.